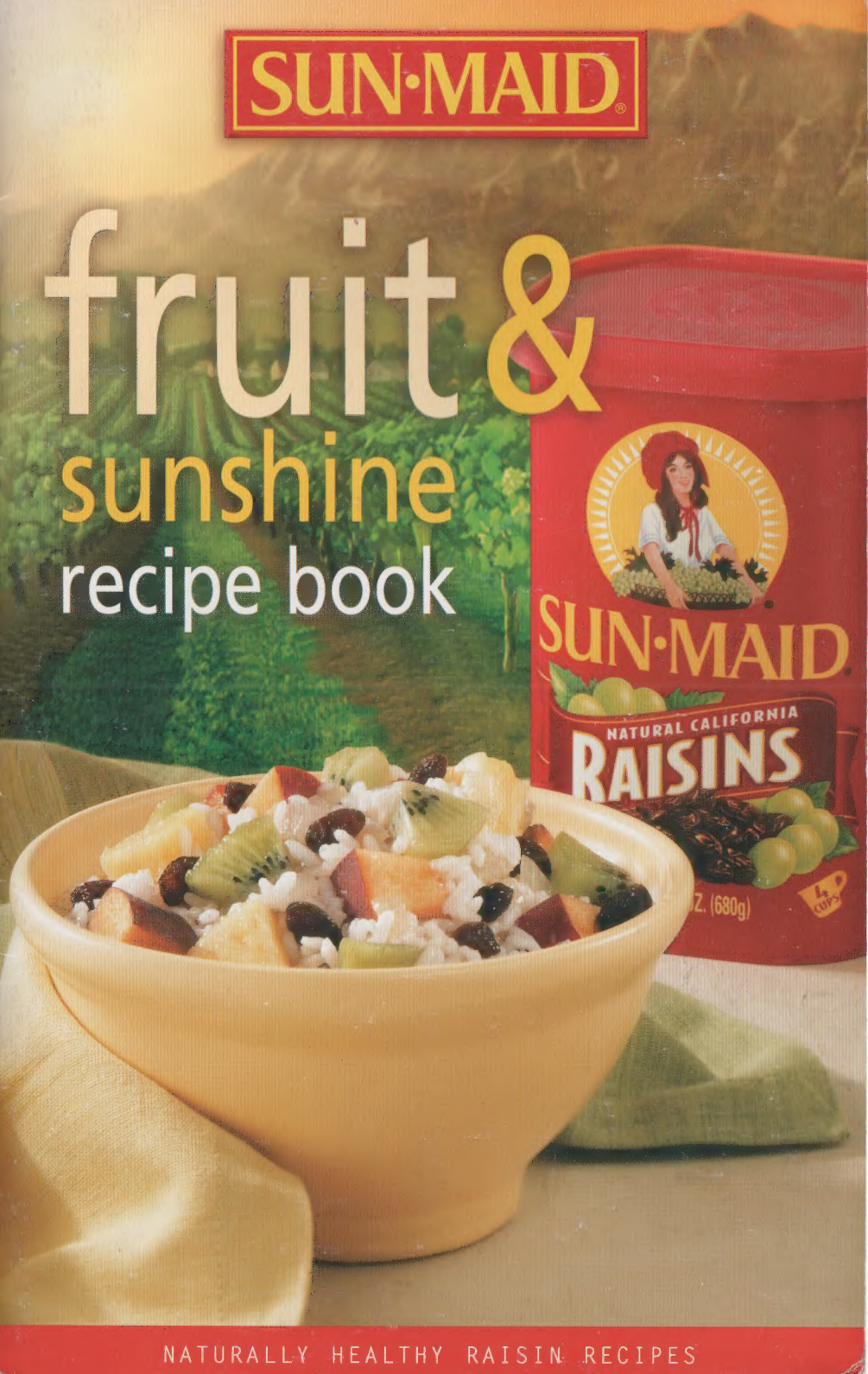
SUN·MAID

# fruit & sunshine recipe book




NATURALLY HEALTHY RAISIN RECIPES

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## Capture the energy of the sun with Sun-Maid Raisins.

Ripe, juicy grapes, dried naturally under the bright California sun, become raisins...which are simply fruit and sunshine. Our new *Fruit & Sunshine* recipe book brings you unique recipes that will energize your plans to eat healthier. It's surprising how small changes can make a big difference in leading a healthier lifestyle. Making the right choices—a little at a time—in diet and exercise can yield good results. Now's the time to start!

## Balance is important.

Dietary experts agree that a balanced diet is the key to starting, and maintaining, a healthy lifestyle. For instance, a healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium) and added sugars.

## Making the right choices.

Healthy eating is not about deprivation—it's about making the right choices. By following these USDA-recommended guidelines, day by day and then week by week (which will go by faster than you think!), you'll find yourself feeling and looking better.

| GRAINS<br>Make half your grains whole | VEGETABLES<br>Vary your veggies | FRUITS<br>Focus on fruits | MILK<br>Get your calcium-rich foods | MEAT & BEANS<br>Go lean with protein |
|---|---|---|---|---|
| Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day<br><br>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta | Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens<br><br>Eat more orange vegetables like carrots and sweet potatoes<br><br>Eat more dry beans and peas like pinto beans, kidney beans, and lentils | Eat a variety of fruit<br><br>Choose fresh, frozen, canned, or dried fruit<br><br>Go easy on fruit juices | Go low-fat or fat-free when you choose milk, yogurt, and other milk products<br><br>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages | Choose low-fat or lean meats and poultry<br><br>Bake it, broil it, or grill it<br><br>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds |
| For a 2,000-calorie diet, choose amounts below from each food group. For more information go to MyPyramid.gov. | | | | |
| Eat 6 oz. every day | Eat 2½ cups every day | Eat 2½ cups every day | Get 3 cups every day | Eat 5½ oz. every day |

## How do raisins fit into these guidelines?

Because dried fruit has concentrated nutrients, just ¼ cup of raisins counts as one of the five ½ cup recommended servings (2½ cups total) of fruit per day. Naturally sweet, the little powerhouse raisin packs in fiber, antioxidants, potassium, folate (a B vitamin), vitamin C, iron and calcium with all that stored sunshine.

## Recipes that fit *your* lifestyle.

Beyond the basics, everyone has their own nutritional needs and concerns. These *Fruit & Sunshine* recipes offer great new ideas for healthy choices that taste really good, too. Here are some of the most common nutritional concerns, and recipes from this book that address them.

**Fat-Free Flavor Enhancers** Are you eating your vegetables and lean proteins like you should, but finding them a bit...dull? Add excitement with surprisingly easy raisin sauces and salsas. Without adding fat!

- Raisin-Orange Salsa, p. 15
- Balsamic-Raisin Sauce for Roasted Vegetables, p. 16

**Low-Sodium Sweet Treats** If you're watching your sodium intake, it's nice to know that there are some naturally-sweet rewards with very little sodium.

- Tropical Breakfast Risotto, p. 5
- Swiss Raisin Snack, p. 7
- Really Good Low-Fat Raisin Oatmeal Cookies, p. 18

**Cholesterol-Free Surprises** Everyone is paying attention to cholesterol. But a cholesterol-free recipe is newsworthy when it tastes as good as these!

- Crunchy Raisin Bread French Toast, p. 6
- Baja Coleslaw, p. 8
- Fruit & Sunshine Rice, p. 13

**Dietary Fiber Stars** You don't have to get your fiber just at breakfast. These lunch and dinner recipes are filled with fiber and fresh vegetables, too.

- Raisin & Red Apple Chicken Pasta Salad, p. 9
- Mediterranean Vegetable Couscous, p. 11

**Antioxidant Aces** Nutritional antioxidants include Vitamins A, C and E. Antioxidants are the repairmen of the human body—they can decrease the damage done to cells by pollutants or aging. These recipes all get an "A" for antioxidants:

- Fresh Root Vegetable, Raisins & Rice Salad, p. 10
- Lemon Garlic Chicken with Raisins, p. 13
- Quinoa with Raisins & Caramelized Onions, p. 14
- Baked Fish with Raisins & Pine Nuts, p. 17

**You'll find that every recipe in this book excels in several nutritional categories. We've listed Daily Value percentages for each recipe's particular highlights.**

**For more delicious raisin recipes, visit www.sunmaid.com.**

# Sunny Whole Wheat Currant Scones

Talk about a power breakfast. These scones are a high source of manganese, an antioxidant that also helps produce insulin, and folate, a B vitamin that helps fight anemia. Their hearty texture is great with a cup of tea.

**MAKES: 1 DOZEN SCONES**

- 1 cup white whole wheat flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 6 tablespoons cold butter, cut up
- 1 cup **Sun-Maid Natural Zante Currants**
- ½ cup coarsely chopped walnuts, optional
- 2 tablespoons plus 2 teaspoons granulated sugar, divided
- ¾ cup low-fat buttermilk
- 2 teaspoons egg white

**HEAT** oven to 375°F.

**COMBINE** flours, baking powder, baking soda, nutmeg and salt in large bowl. Cut in butter until mixture is the texture of coarse bread crumbs.

**ADD** currants, walnuts and 2 tablespoons sugar and toss to mix evenly.

**STIR** in buttermilk with a fork until a soft dough forms.

**SHAPE** dough into a ball on a lightly floured surface. Divide into 2 parts and shape into 2 round balls.

**PRESS** into 6-inch rounds and place on an ungreased cookie sheet. Cut each round into 6 wedges, but do not separate the wedges. Brush with beaten egg white and sprinkle with 2 teaspoons sugar.

**BAKE** for 20 to 22 minutes until golden brown. Break into wedges and serve warm.

Tip: If necessary, add 1-2 tablespoons water to moisten all of the flour.

**NUTRITIONAL INFORMATION**

**Daily Values:**
Manganese 25% Folate 19% Dietary Fiber 10%

**Nutrients per serving:** Calories 183, Protein 3.4g, Fat 6.2g (Sat. Fat 3.8g), Carbohydrates 29g, Dietary Fiber 2.4g, Cholesterol 16mg, Sodium 293mg.

## Tropical Breakfast Risotto

Buongiorno! Risotto is an Italian dish typically made with Arborio rice, but instant brown rice turns it into a creamy breakfast treat. Low in sodium and cholesterol, and a great source of calcium, this is indeed a recipe for a good morning.

**MAKES: 6 SERVINGS**

- 1 1/2 cups water
- 1 cup instant brown rice
- 1 (8-ounce) can pineapple tidbits, drained, liquid reserved
- 1 (12-ounce) can undiluted evaporated skim milk
- 1/2 cup **Sun-Maid Natural Raisins**
- 1/2 cup sweetened shredded coconut
- 1/2 cup sliced toasted almonds
- 1 medium banana, diced

**COMBINE** water, rice and pineapple liquid in 2-quart saucepan.

**COOK** over high heat to boiling.

**REDUCE** heat to medium and simmer uncovered, stirring occasionally until most of water is absorbed, 7 to 8 minutes.

**STIR** in milk and increase heat to high. Cook until mixture boils. Reduce heat to medium.

**COOK** until most of milk is absorbed and mixture is soft and creamy, stirring occasionally, 10 to 12 minutes.

**STIR** in pineapple, raisins, coconut, almonds and banana.

**NUTRITIONAL INFORMATION**

**Daily Values:**
Vitamin C 11% Calcium 21% Dietary Fiber 13%

**Nutrients per serving:** Calories 256, Protein 8.2g, Fat 5.5g (Sat. Fat 2.1g), Carbohydrates 46g, Dietary Fiber 3.3g, Cholesterol 2.5mg, Sodium 85mg.

# Crunchy Raisin Bread French Toast

Cholesterol-free French toast? Here it is—enjoy! A cereal coating adds a delightful crunch as well as whole-grain goodness, plus you'll jump-start your day with iron and vitamin B12 for healthy blood and nerve cells, and lots of fiber to fill you up.

**MAKES: 4 SERVINGS**

- 3/4 cup egg substitute or 3 eggs
- 1/3 cup skim milk
- 1 teaspoon vanilla
- 2 tablespoons powdered sugar
- 1/8 teaspoon ground nutmeg
- 2 cups whole grain wheat and barley cereal or coarsely crushed bran flakes
- 8 slices **Sun-Maid Raisin Bread**
- Powdered sugar for topping, optional

**MIX** egg substitute, milk, vanilla, powdered sugar and nutmeg in pie plate.

**PLACE** cereal in another pie plate.

**SPRAY** 12-inch nonstick skillet generously with cooking spray. Heat over medium heat.

**DIP** both sides of 4 slices of the bread in egg mixture, then in cereal.

**COOK** 2 to 3 minutes or until golden brown, turning once. Repeat with remaining bread, egg mixture and cereal, spraying skillet each time.

**SERVE** topped with powdered sugar, if desired.

**NUTRITIONAL INFORMATION**

Daily Values:
Iron 100% Vitamin B12 42% Vitamin A 27%
Dietary Fiber 33%

Nutrients per serving (made with egg substitute): Calories 390, Protein 16g, Fat 3.3g (Sat. Fat 0.6g), Carbohydrates 80g, Dietary Fiber 8.3g, Cholesterol 0mg, Sodium 608mg.

## Swiss Raisin Snack

An energy-boosting snack or breakfast similar to muesli, a popular cereal developed as a health food by a Swiss nutritionist. Scoop this low-sodium, high-fiber, crunchy mix into plastic sandwich bags and take it with you on a hike.

**MAKES: 6 CUPS**

- 2 cups uncooked old-fashioned rolled oats
- 1 cup sweetened shredded coconut
- 1/2 cup wheat germ
- 1/2 cup salted sunflower seeds
- 1/2 teaspoon ground cinnamon
- 1/4 cup honey
- 3 tablespoons canola oil
- 2 cups **Sun-Maid Natural Raisins**

**HEAT** oven to 300°F.

**COMBINE** oats, coconut, wheat germ, sunflower seeds and cinnamon in large bowl.

**HEAT** honey and oil in microwave on high for 30 seconds or just until syrupy.

**DRIZZLE** over oats mixture and stir until mixture is evenly coated.

**SPREAD** onto a greased 15 1/2 x 10 1/2-inch jelly roll pan.

**BAKE** for 30 minutes until golden brown, stirring several times.

**REMOVE** from oven and add raisins while still hot.

**COOL** completely and store in a tightly covered container up to 2 weeks.

**NUTRITIONAL INFORMATION**

**Daily Values:**
Folate 71% Vitamin C 4% Dietary Fiber 37%

**Nutrients per serving (1 cup):** Calories 529, Protein 9.8g, Fat 18.8g (Sat. Fat 4.9g), Carbohydrates 83g, Dietary Fiber 9.3g, Cholesterol 0mg, Sodium 60mg.

## Baja Coleslaw

Fresh vegetables, sun-dried raisins and tropical fruits create a happy combination of flavors in a coleslaw as colorful as a beach towel. Lots of vitamin C and vitamin A, and not one bit of cholesterol—it's like a guilt-free vacation. Who needs a beach?

**MAKES: 6-8 SERVINGS**

- 1/2 small head cabbage, washed and finely shredded (about 4 cups)
- 2 small carrots, peeled and shredded
- 3 green onions, thinly sliced
- 1 small sweet bell pepper, diced 1/4"
- 3/4 cup **Sun-Maid Natural Raisins or Sun-Maid Golden Raisins,** divided
- 1/2 cup cubed fresh or frozen, thawed mango
- 1/2 cup cubed fresh or frozen, thawed papaya
- 1 tablespoon sugar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- Chopped cilantro leaves for garnish

**COMBINE** cabbage, carrots, onions, bell pepper, 1/2 cup of the raisins, mango and papaya in large bowl.

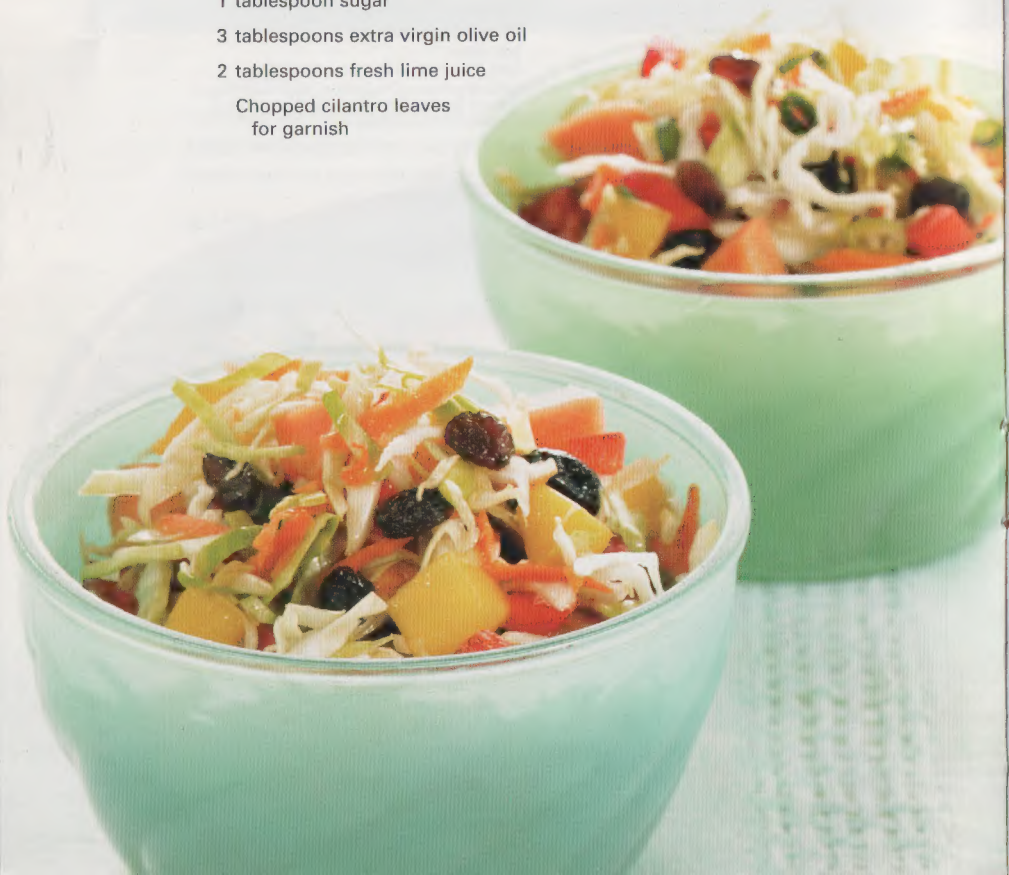
**MIX** sugar, olive oil and lime juice in small bowl. Add to vegetables and fruit and mix thoroughly.

**TURN** into serving bowl and garnish with cilantro and remaining 1/4 cup raisins.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 93%* Vitamin A 70% Dietary Fiber 19%

Nutrients per serving: Calories 180, Protein 2.2g, Fat 7g (Sat. Fat 1g), Carbohydrates 29g, Dietary Fiber 4.7g, Cholesterol 0mg, Sodium 35mg.



## Raisin & Red Apple Chicken Pasta Salad

Lots of protein and fiber in an irresistible contrast of textures. Raisins add a sweet, chewy accent to crisp apples, and almonds add crunch to whole-grain pasta. A hearty, all-in-one salad perfect for a summer lunch or dinner.

**MAKES: 4 (1 3/4 CUP) SERVINGS**

- 2 1/2 cups uncooked whole wheat rotini pasta
- 2 cups cooked cubed chicken breast
- 1 cup **Sun-Maid Natural Raisins**
- 1 red apple, cored, cubed (about 2 cups)
- 2 green onions, sliced
- 1/3 cup light mayonnaise
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/4 cup toasted slivered almonds, optional

**COOK** pasta as directed on box. Drain and rinse with cold water.

**COMBINE** cooked pasta, chicken, raisins, apple and onions in large bowl.

**COMBINE** mayonnaise, honey and mustard in small bowl.

**ADD** to pasta mixture and toss to coat. Serve immediately, or refrigerate 1 hour or up to overnight to blend flavors

**TOP** with almonds just before serving.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 9% Iron 19% Dietary Fiber 39%

**Nutrients per serving:** Calories 597, Protein 31g, Fat 9.8g (Sat. Fat 2.1g), Carbohydrates 98g, Dietary Fiber 9.7g, Cholesterol 61mg, Sodium 305mg

## Fresh Root Vegetable, Raisin & Rice Salad

Root vegetables and raisins are low-fat, high-fiber stars on the food pyramid, and there's plenty of vitamin A and vitamin E cheering them on in this easy, nutrition-packed salad.

**MAKES: 6 (3/4 CUP) SERVINGS**

- 1 cup peeled, shredded carrots
- 1/2 cup peeled, shredded parsnips
- 1/2 cup peeled, shredded turnip
- 3 green onions, trimmed and finely sliced
- 1 1/2 cups cooked brown rice
- 1 cup **Sun-Maid Natural Raisins**
- 3/4 cup light or low-fat mayonnaise
- 1/2 cup nonfat vanilla yogurt
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 3 tablespoons toasted and salted sunflower nuts
- Fresh baby spinach

**MIX** carrots, parsnips, turnip, green onions, rice and raisins in large bowl.

**MIX** mayonnaise, yogurt and lemon juice together and fold into the vegetable mixture.

**SEASON** with salt and pepper.

**SPRINKLE** with nuts and serve on a bed of fresh baby spinach.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 15% Vitamin A 51% Vitamin E 32%

**Nutrients per serving:** Calories 300, Protein 4.2g, Fat 12.5g (Sat. Fat 2.3g), Carbohydrates 43g, Dietary Fiber 4.5g, Cholesterol 10mg, Sodium 303mg

# Mediterranean Vegetable Couscous

The Mediterranean diet is one of the healthiest in the world because it emphasizes plenty of grains, fruits and vegetables. And they're all here in this low-cholesterol dish just bursting with vitamin A. Great as a vegetarian entrée, or toss in leftover chicken for added protein.

**MAKES: 6 SERVINGS**

- 1 tablespoon olive oil
- 2 small cloves garlic, chopped
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1 (14.5-ounce) can low-sodium chicken broth
- 2 large carrots, peeled and chopped
- 2 small turnips, peeled and chopped
- 1/2 pound butternut squash, peeled and diced 1/2 inch
- 1/2 pound small zucchini, diced 1/2 inch
- 1 (15-ounce) can garbanzo beans, drained
- 1 (15-ounce) can diced tomatoes
- 1 1/4 cups quick-cooking couscous
- Salt and pepper to taste
- 3/4 cup **Sun-Maid Natural Raisins**

**HEAT** olive oil in a deep, heavy 4-quart saucepan.

**ADD** garlic, cinnamon, turmeric and black pepper until spices are aromatic.

**ADD** chicken broth, carrots, turnips and squash and cook about 20 minutes until vegetables are tender.

**ADD** zucchini, garbanzo beans and diced tomatoes and cook, stirring often, for 10 minutes.

**SPRINKLE** couscous over vegetables and turn heat to lowest setting. Cover and let stand 5 minutes. Season with salt and pepper, if desired.

**TURN** into serving dish and sprinkle with raisins, mixing them into the hot couscous a little, but leaving enough on top for garnish.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 58% Vitamin A 133% Dietary Fiber 37% Folate 30%

Nutrients per serving: Calories 346, Protein 12.5g, Fat 3.7g (Sat. Fat 0.5g), Carbohydrates 70g, Dietary Fiber 9.2g, Cholesterol 7mg, Sodium 540mg.

## Lemon Garlic Chicken with Raisins

Carrots provide the vitamin A and lean chicken breast supplies the protein, while raisins, lemon and garlic add an intriguing twist to this entrée. There's plenty of niacin (vitamin B3)... 147% DV to be exact. Niacin has been shown to lower cholesterol and triglyceride levels.

**MAKES: 4 SERVINGS**

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 4 skinless, boneless chicken breasts
- 1/4 cup fresh lemon juice
- 1/2 teaspoon freshly grated lemon zest
- 2 cups sliced carrots
- Salt and freshly ground pepper
- 3 cups hot, cooked brown rice
- 1/2 cup **Sun-Maid Natural Raisins**
- 2 tablespoons chopped fresh parsley or cilantro

**HEAT** oil in a heavy frying pan over medium heat; add garlic and cumin and sauté until aromatic, about 2 minutes

**ADD** chicken breasts and sauté about 2 minutes, turning chicken over to brown on all sides. Add lemon juice and bring mixture to a simmer.

**COVER** and simmer 20 to 30 minutes until chicken is fully cooked, adding lemon zest and carrots after 10 minutes. Season with salt and pepper to taste.

**COMBINE** cooked rice, raisins and parsley.

**SERVE** chicken over brown rice.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 29% Vitamin A 151% Prote n 119%

**Nutrients per serving:** Calories 583, Prote n 60g, Fat 11 3g (Sat Fat 2g), Carbohydrates 57g, Dietary Fiber 6.3g, Cholesterol 137mg, Sodium 212mg

## Fruit & Sunshine Rice

Our cover shot! Sun-dried raisins and fresh fruit brighten up spiced basmati rice. Low in saturated fat and high in vitamin C, this side dish adds colorful crunch to poultry, pork or fish. Makes a great cold salad all on its own, too.

**MAKES: 6 SERVINGS**

- 1 tablespoon olive oil
- 1 small onion, minced
- 1 teaspoon chicken bouillon granules
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 2 tablespoons sugar
- 1 cup diced fresh peaches
- 1 cup diced fresh pineapple
- 2 kiwifruits, peeled and diced 1/2 inch
- 2 cups hot, cooked basmati rice
- 1/4 cup toasted chopped cashews, optional
- 1/2 cup **Sun-Maid Natural Raisins**

**HEAT** olive oil in a medium saucepan and cook onion until just clear.

**ADD** chicken bouillon and spices, stirring and cooking for 1 minute

**ADD** sugar, peaches, pineapple and kiwi.

**COOK** just until mixture is warmed through.

**FOLD** in rice until blended.

**TOP** with cashews and raisins. Serve hot as a side dish or cold as a salad.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 64% D'etary Fiber 14%

**Nutrients per serving:** Calories 203, Prote n 2 8g, Fat 2 8g (Sat Fat 0.3g), Carbohydrates 43g, Dietary Fiber 3 4g, Cholesterol 0mg, Sodium 152mg.

*(See cover photo)*

## Quinoa with Raisins & Caramelized Onions

Quinoa (keen-wah) is a high-protein, small round grain that adds both nutty flavor and variety to the grains category on the food pyramid. This recipe is a low-cholesterol favorite for onion lovers, with lots of iron, fiber and folate.

**MAKES: 6–8 SERVINGS**

- 2 tablespoons olive or canola oil
- 3 large (about 2 pounds) sweet white onions, halved and thinly sliced
- ½ teaspoon light or dark brown sugar
- 1½ cups uncooked quinoa or couscous
- 3 cups broth, beer, or water or a combination
- 1 cup **Sun-Maid Golden Raisins**
- ½ teaspoon dried tarragon leaves
- Salt and pepper to taste

**HEAT** oil in a large, heavy skillet over medium-low heat.

**ADD** onions and brown sugar

**COOK** uncovered, stirring occasionally, until onions are very soft, 25 to 35 minutes.

**SPRINKLE** quinoa over onions and cook over medium-high heat until quinoa begins to toast and pop.

**POUR** liquid over; stir, and cook over low heat for 15 minutes or until liquids are absorbed.

**ADD** raisins and tarragon after 10 minutes. Before serving, add salt and pepper to taste

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 16% Dietary Fiber 25% Iron 27% Folate 38%

**Nutrients per serving:** Calories 352, Protein 8g, Fat 7.3g (Sat. Fat 0.9g), Carbohydrates 65g, Dietary Fiber 6.2g, Cholesterol 1mg, Sodium 500mg.

## Raisin-Orange Salsa

Spoon some vitamin C on your pork, poultry or fish along with terrific flavors. Raisins and oranges are a match made in bell pepper heaven—you have to taste the combination to believe how good it is!

**MAKES: ABOUT 3 CUPS**

- 1 cup **Sun-Maid Natural Raisins**
- 1/2 cup diced red bell pepper
- 1/2 cup diced yellow bell pepper
- 1/2 cup diced green bell pepper
- 1 cup orange sections
- 1/2 cup finely minced red onion
- 1/4 cup chopped fresh cilantro
- 2 jalapeno peppers, seeded and diced (about 2 tablespoons)
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon grated fresh orange zest
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- Salt to taste

**COMBINE** all ingredients, cover and refrigerate 1 hour for flavors to blend.

**SERVE** salsa with pork, chicken, or fish. Store up to 24 hours in refrigerator.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 70% Vitamin A 6% Dietary Fiber 7%

**Nutrients per serving (1/4 cup):** Calories 60, Protein 0.8g, Fat 0.1g (Sat. Fat 0g), Carbohydrates 14g, Dietary Fiber 1.7g, Cholesterol 0mg, Sodium 5mg

## Balsamic-Raisin Sauce for Roasted Vegetables

Serve this sauce over roasted vegetables such as carrots, zucchini, broccoli, squash or cauliflower to make "eating your vegetables" a sweet and savory new experience. With no fat, it's a great alternative to cheese sauce.

**MAKES: 1/2 CUP**

- 3/4 cup chicken broth
- 3 tablespoons balsamic vinegar
- 2 tablespoon frozen apple juice concentrate, thawed
- 1 teaspoon cornstarch
- 1/2 cup **Sun-Maid Natural Raisins**
- 1/4 teaspoon dried thyme leaves

**COMBINE** all ingredients in small saucepan. Mix well.

**COOK** over medium heat until mixture boils.

**COOK** 10 minutes, until mixture is thick and reduced.

**POUR** mixture in food processor or blender container. Process until raisins are chopped.

**SERVE** over favorite roasted or grilled vegetables.

**NUTRITIONAL INFORMATION**

Daily Values:
Folate 20% Dietary Fiber 6%

Nutrients per serving (2 tablespoons): Calories 101, Protein 0.7g, Fat 0.1g (Sat. Fat 0g), Carbohydrates 23g, Dietary Fiber 1.5g, Cholesterol 0mg, Sodium 190mg

# Baked Fish with Raisins & Pine Nuts

Why not get lots of vitamins and minerals along with your protein? Baked fish delivers lean protein (56% DV), but raisins, tomatoes and pine nuts help add vitamin B12, vitamin C and potassium…not to mention great taste.

**MAKES: 6 SERVINGS**

- 2 pounds fresh boneless cod or haddock fillets
- 2 tablespoons melted butter
- 1/2 teaspoon kosher salt
- 2 cloves garlic, chopped
- 2 tablespoons olive oil
- 2 cups (about one 15-ounce can) diced canned tomatoes, drained
- 2 tablespoons pine nuts
- 1/4 cup **Sun-Maid Natural Raisins**

**HEAT** oven to 400°F.

**PAT** fish pieces with paper towels and place in a shallow roasting pan. Brush with butter and sprinkle with salt

**BAKE** for 15 to 20 minutes until the fish flakes easily with a fork.

**HEAT** garlic and olive oil in a saucepan until garlic is aromatic, about 3 minutes.

**ADD** tomatoes, pine nuts and raisins and stir until blended

**SERVE** hot over baked fish.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 20% Vitamin A 6% Vitamin B12 22%

**Nutrients per serving:** Calories 259, Protein 28g, Fat 11.2g (Sat. Fat 3.4g), Carbohydrates 10g, Dietary Fiber 1.2g, Cholesterol 75mg, Sodium 405mg

## Really Good Low-Fat Raisin Oatmeal Cookies

This is one recipe where low is good. Low sodium, low fat, and low cholesterol—now that's a really good cookie. Raisins provide extra sweetness and natural goodness.

**MAKES: 40 COOKIES**

- 1 cup white whole wheat flour or whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup packed brown sugar
- ¼ cup fat-free vanilla or plain yogurt
- 2 tablespoons canola or corn oil
- 1 large egg
- 1 teaspoon vanilla
- 1⅓ cups uncooked old fashioned or quick-cooking rolled oats
- 1 cup **Sun-Maid Natural Raisins**

**HEAT** oven to 350°F. Cover 2 cookie sheets with parchment paper.

**COMBINE** flour, baking powder, cinnamon, baking soda and salt together in small bowl.

**COMBINE** brown sugar, yogurt, oil, egg and vanilla in large bowl. Add flour mixture to make a blended dough.

**STIR** in oats and raisins.

**DROP** mixture by rounded teaspoonfuls 2 inches apart on prepared cookie sheets.

**BAKE** for 10 to 12 minutes until very lightly browned. Do not overbake.

**SLIDE** cookies on the parchment paper onto the countertop to cool.

**NUTRITIONAL INFORMATION**

Daily Values:
Dietary Fiber 4%

**Nutrients per serving (1 cookie):** Calories 63, Protein 1.1g, Fat 1 1g (Sat Fat 0.1g), Carbohydrates 12 7g, Dietary Fiber 1g, Cholesterol 5mg, Sodium 63mg

## Light Citrus Cheesecake with Raisin-Nut Crust

You've been good, now for a small but smart indulgence. Raisins and walnuts create a deliciously sweet, crunchy crust, no sugar needed. And every serving of this cheesecake is low in cholesterol.

**MAKES: 12 SERVINGS**

Crust

- 1 cup **Sun-Maid Golden Raisins**
- 1 cup walnuts

Filling

- 3/4 cup orange juice
- 1 envelope unflavored gelatin
- 3/4 cup sugar
- 2 (8-ounce) pkg. fat-free cream cheese, softened
- 1 (6-ounce) container low-fat lemon or orange-flavored yogurt
- 1 teaspoon grated lemon or orange peel
- 1/2 cup **Sun-Maid Golden Raisins**
- Finely shredded or zested lemon or orange peel for garnish

**HEAT** oven to 375°F. Spray 9-inch springform pan with cooking spray.

**PROCESS** 1 cup golden raisins and walnuts in food processor until finely chopped, about 30 seconds.

**PRESS** in bottom and 1/2 inch up sides of springform pan.

**BAKE** 8 minutes or until nuts are toasted and crust is set. Cool completely.

**COMBINE** 1/4 cup of the orange juice and gelatin in 1-quart saucepan. Let stand 5 minutes or until soft.

**HEAT** gelatin mixture over low heat just until gelatin is dissolved.

**STIR** in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.

**BEAT** cream cheese in large bowl with electric mixer on medium until light and fluffy. Gradually beat in warm orange juice mixture until well mixed. Beat in yogurt and 1 teaspoon orange peel. Stir in 1/2 cup golden raisins.

**POUR** mixture into crust. Garnish with citrus peel.

**REFRIGERATE** at least 2 hours or until set.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 14% Vitamin A 8% Calcium 11% Folate 27%

**Nutrients per serving:** Calories 234, Protein 8.6g, Fat 7.3g (Sat. Fat 1.1g), Carbohydrates 35g, Dietary Fiber 2.1g, Cholesterol 4mg, Sodium 222mg.

## Mixed Berry Raisin Cobbler

Might be hard to believe, but this fruity raisin cobbler is 97% fat-free. Top that with all its antioxidants, fiber and vitamin C, plus a whole-grain raisin biscuit topping, and this is a dessert that really *is* good for you!

**MAKES: 8 SERVINGS**

- 2 (12-ounce) pkg. frozen mixed berries
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1/3 cup plus 3/4 cup **Sun-Maid Natural Raisins,** divided
- 3/4 cup whole wheat flour
- 1/4 cup all-purpose flour
- 2 tablespoons plus 2 teaspoons sugar, divided
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup fat-free vanilla yogurt
- 2 tablespoons butter, melted
- 1 egg, beaten
- Fat-free vanilla frozen yogurt, if desired

**HEAT** oven to 400°F. Spray 11 x 7-inch glass baking dish with cooking spray.

**POUR** berries into dish. Stir in 1/2 cup sugar and cornstarch. Cover with waxed paper.

**MICROWAVE** on high 10 to 12 minutes, stirring twice and rotating dish, until fruit is hot and beginning to thicken. Stir in 1/3 cup raisins.

**COMBINE** flours, 2 tablespoons sugar, baking powder and salt in small bowl. Stir in 3/4 cup raisins.

**COMBINE** yogurt, melted butter and egg. Add to flour mixture. Stir just until moistened.

**DROP** biscuit dough by small spoonfuls over hot fruit. Sprinkle with 2 teaspoons sugar.

**BAKE** 12 to 14 minutes or until biscuits are golden brown and thoroughly cooked. Cool slightly.

**SERVE** with frozen yogurt, if desired.

**NUTRITIONAL INFORMATION**

Daily Values:
Vitamin C 23% Folate 30% Dietary Fiber 23%

**Nutrients per serving:** Calories 273, Protein 4.3g, Fat 4.1g (Sat. Fat 2.1g), Carbohydrates 51g, Dietary Fiber 5.7g, Cholesterol 34mg, Sodium 204mg.

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For more delicious recipe ideas, visit us at www.sunmaid.com.

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